

# 2012 NEW JERSEY WING CADET LEADERSHIP SCHOOL

## PHYSICAL FITNESS ASSESMENT VALIDATION

Cadet's Name (last, first)\_\_\_\_\_

CAPID\_\_\_\_\_Squadron \_\_\_\_\_ Wing\_\_\_\_\_

Physical Fitness Category (circle):

Category I    Category II    Category III    Category IV

Latest achievement completed\_\_\_\_\_

Last Passing PT Test Date\_\_\_\_\_

Results:

Pushups (reps)\_\_\_\_\_ Curl Ups(reps)\_\_\_\_\_

Sit and Reach (distance)\_\_\_\_\_

Mile Run\_\_\_\_\_ Or Shuttle Run\_\_\_\_\_

Squadron CC's Name \_\_\_\_\_

Squadron CC's signature\_\_\_\_\_

Date\_\_\_\_\_